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Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Wednesday, November 23, 2022

My Reiki story

This is about how I got into Reiki and other energies.

During the years of 1996 - 2006 I went through an identity crisis. Although I was raised as a Protestant, I had trouble finding Spirit. I could only access the physical, emotional, and mental bodies. I prayed, I went to church, but I had trouble understanding Spirit. So I prayed for the wisdom to get to know Spirit. I never understood the Holy Spirit in the Bible and wanted to know the Holy Spirit. I read in the book of Acts about laying on hands. Acts 8:17- "Then Peter and John placed their hands on them, and they received the Holy Spirit." I looked up laying on hands in 2006, and went for a Reiki massage at Radiance Herbs and Massage in Olympia, Washington. I could not believe that I felt energy flowing through my body coming from another's hands. I was convinced Reiki was an aspect of the Holy Spirit, since it aligned with the Book of Act's mention of laying on hands. After that I began awakening to Spirit.

In 2007, I began to receive distant attunements from Steve Murray via his DVD videos. I became a Reiki Master in 2007, with gratitude to Steve Murray for his powerful attunements. Steve Murray taught me that Reiki attunements could be received distantly. Check out his website at https://healingreiki.com. Then later in 2007-2008 I received various distant attunements online from Kathy McConnell, and learned about the chi ball method, the call in method, from Tami MacDowell at Healings of the Heart. Then I received attunements from Stephen Lovering (including Usui Reiki re-attunements). They were instant attunements. Many of the attunements were initially from the founder of many of the systems- Ole Gabrielsen. Ole Gabrielsen, the founder of Kundalini Reiki and many Reiki modalities, has an online website for attunements so check out his amazing attunements, which I believe he also uses chi balls to provide attunements. It's at https://olegabrielsen.com. Also in 2007 I became an Essene Healer under Dr. John F. Gilbert and learned about Gnosticism and the Tree of Life. In 2008 I was attuned to Lightarian™ Reiki and the Lightarian™ Rays. Visit https://www.lightarian.com to learn about the Lightarian™ programs. All of these people (and organizations) I mentioned are all fantastic spiritual mentors and I highly recommend all of them to you. They are amazing people bring Light to Earth.

In 2008 I began to channel Alpha Omega Healing and share it with you. In 2009 I went through an Ascension experience which I talk about in my books. In 2009 I started the City of Shamballa as a spiritual community to share the Light with each other and lift each other up. In 2010 I published my first book 45 Free Reiki Attunements. I also started my YouTube channel Oneness and Love. I read the Complete Ascension Manual by Dr. Joshua David Stone and learned about his ascension meditations. You can follow Dr. Joshua David Stone's work by visiting https://www.iamuniversity.org. I was active on the City of Shamballa through 2013, then took a break while dealing with some life challenges, until I became active in 2022 again and published more books, such as the Path of Oneness, and made more videos. In 2022 I ventured into Buddhism, Hinduism, and Theosophy to learn new perspectives on Spirit. In 2022 I also learned about the Gene Keys, read Richard Rudd's book Gene Keys: Embracing Your Higher Purpose, and took the Gene Keys Golden Path program at https://genekeys.com. The Gene Keys are fantastic and a highly recommend checking out his website.

I'm looking forward to the next phase of this journey, which includes upgrading the City of Shamballa website to make it more mobile friendly, and to continuing to post wisdom, attunements, and healing sessions. I'm continuing to volunteer for the Distant Healing network. I also want to be more active in person, volunteering for charities

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About Me

Chris Comish

Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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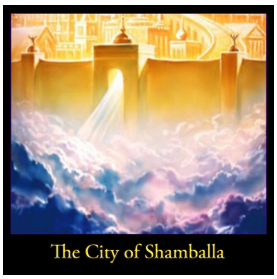

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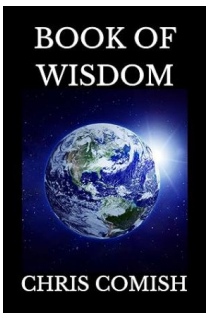

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and being generous in whatever way I can. This is the school of Life on Earth and the more we can lift each other up, the more impact we have on the world and all of humanity.

Anyway, that is my spiritual background, thank you all of you from the bottom of my heart for all that you do. You are truly appreciated as you spread the Love and Light around the planet. I love you all. God bless you all.

In Loving Service. Namaste.

- November 23, 2022

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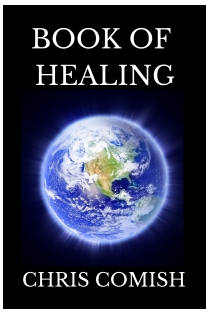

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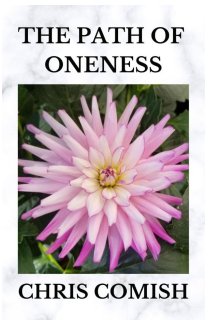

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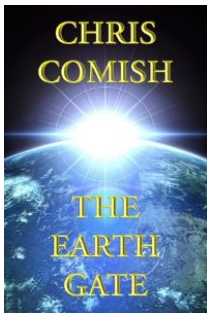

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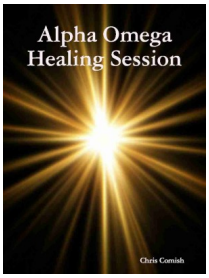

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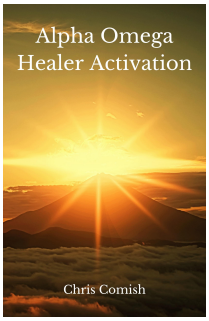

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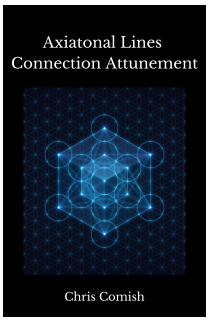

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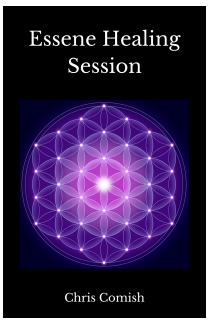

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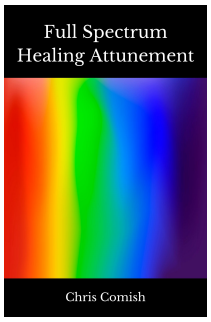

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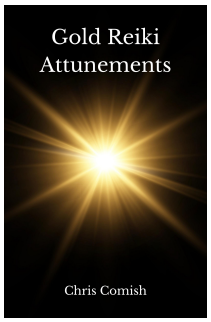

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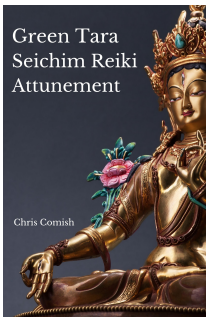

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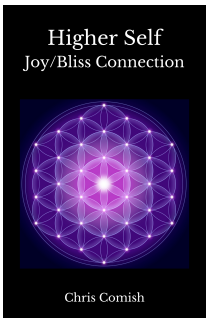

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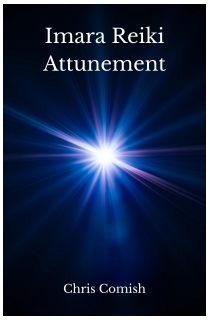

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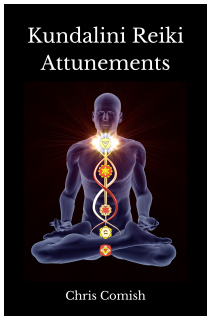

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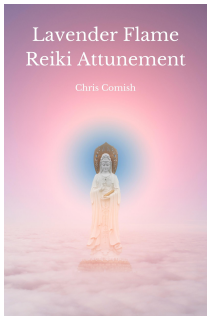

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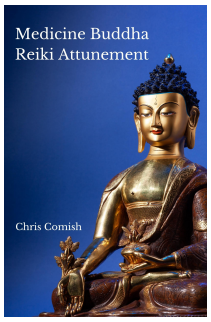

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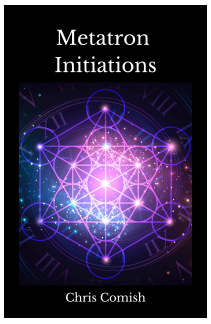

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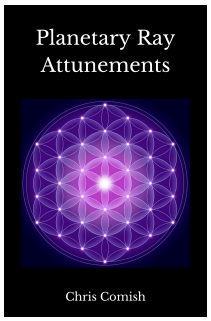

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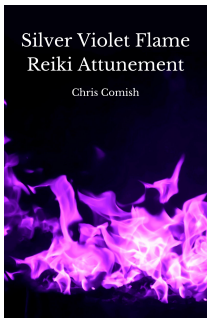

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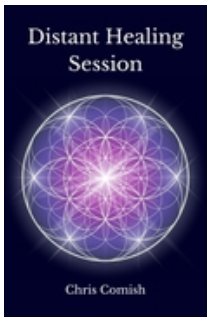

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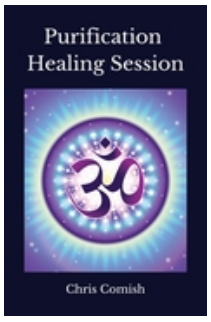

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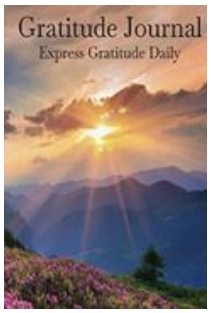

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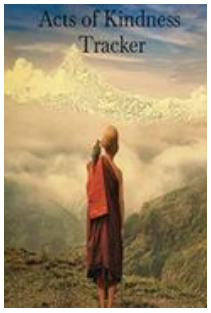

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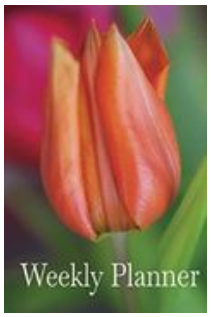

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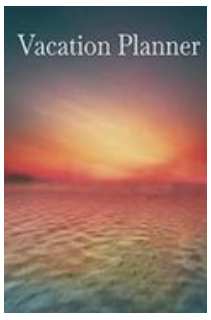

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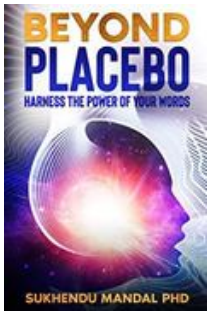

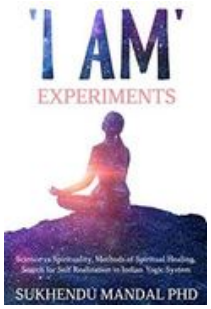

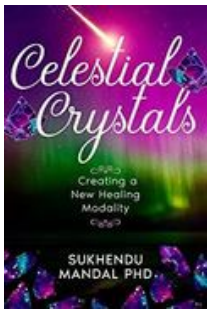

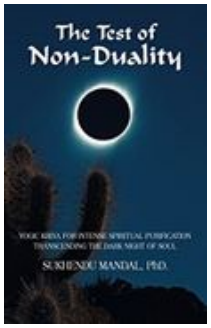

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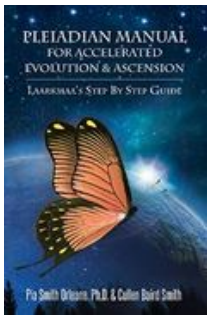

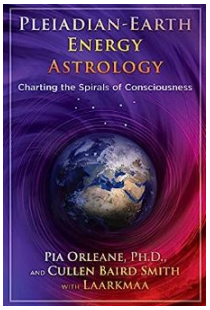
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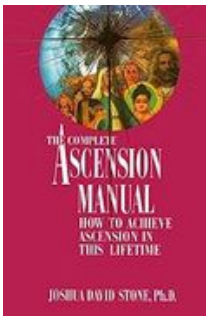
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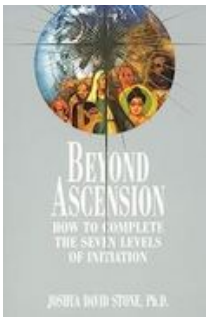
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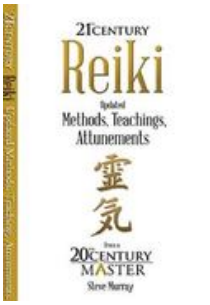
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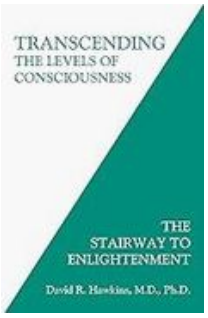
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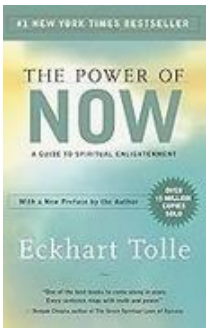
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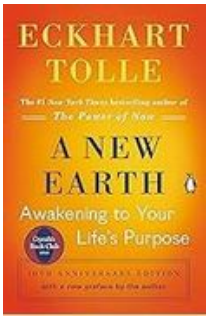
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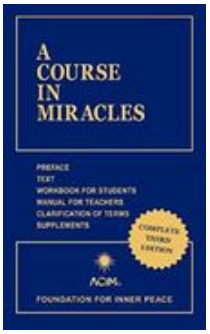
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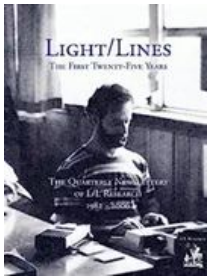
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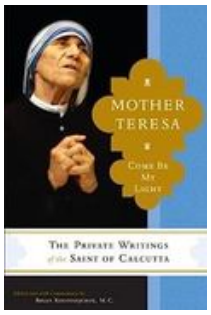
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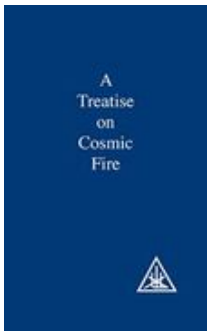
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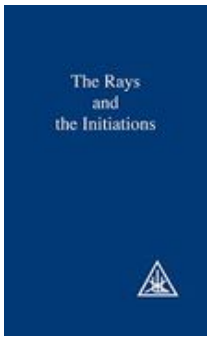
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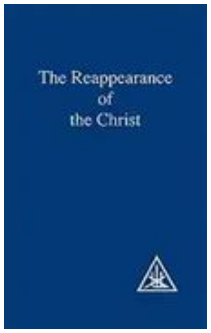
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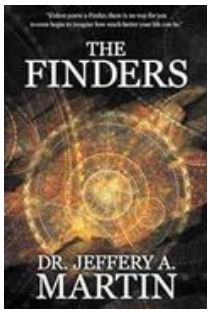
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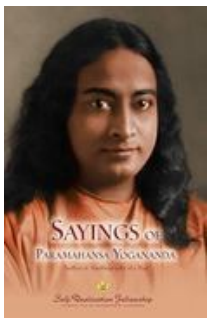
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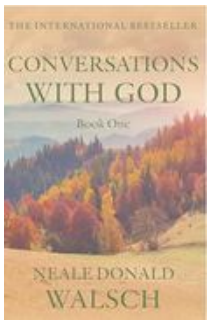
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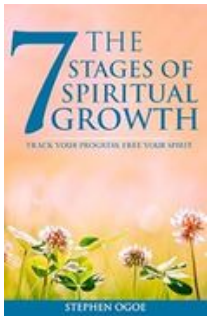
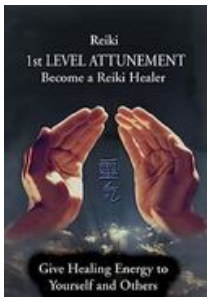
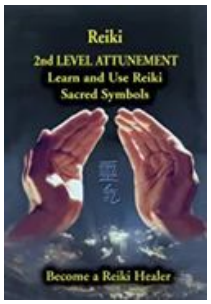
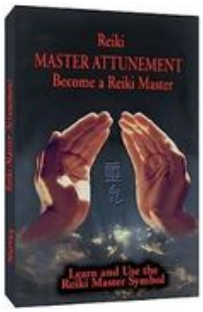
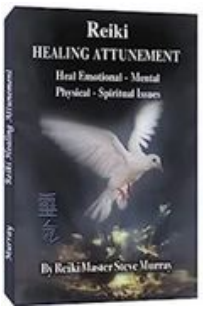


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









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- Solstice Transmission with Anrita Melchizedek
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- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

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